



Youth AQUATICS

PROGRAMS OPEN TO MEMBERS & NON-MEMBERS

HOW TO REGISTER



ONLINE REGISTRATION
Available to members only*
Register online at choicehf.com



Registration Forms available for download online at choicehf.com or in-person at Choice Health & Fitness. Forms can be turned in at Customer Service Desk.

SESSION DATES

SESSION 1

6-30 **30**
JAN. JAN. DEC.
Reg. Deadline
Late Fee: \$10

REG. OPENS: DEC. 2

SESSION 2

10-6 **3**
FEB. MAR. FEB.
Reg. Deadline
Late Fee: \$10

REG. OPENS: JAN. 13

Contact Info: Breanna Lee & Lisa Rollefstad | aquatics@choicehf.com | 701.746.2790

PARENT & ME (AGES 9 MONTHS - UNDER 2 YEARS)

Parent & Me provides an introduction to water for parents and children. The class is a fun and safe way to get children comfortable in water. | **Max Class Capacity:** 8 Swimmers

DAYS	TIME	COST	SESSION 1 CODE	SESSION 2 CODE
WED	6:00 - 6:30 pm	\$50 / \$68 (non-mem)	AQ4-3101	AQ4-3102

ADVANCED PARENT & ME (2 - 3 YEARS)

Advanced Parent & Me provides fun and safe way to get children comfortable in the water and with basic water safety skills. | **Max Class Capacity:** 6 Swimmers

DAYS	TIME	COST	SESSION 1 CODE	SESSION 2 CODE
MON	6:00 - 6:30 pm	\$50 / \$68 (non-mem)	AQ4-3501	AQ4-3502

TINY TOTS SWIMMING (AGES 3 - 4 YEARS)

Tiny Tots Swimming provides an introduction to basic water safety for children. Program offers children a way to get comfortable in water without a parent. | **Max Class Capacity:** 4 Swimmers

DAYS	TIME	COST	SESSION 1 CODE	SESSION 2 CODE
M & W	5:00 - 5:30 pm	\$84 / \$128 (non-mem)	AQ4-4201	AQ4-4202
T & TH	5:00 - 5:30 pm	\$84 / \$128 (non-mem)	AQ4-4501	AQ4-4502

SESSION DATES

SESSION 1

6 JAN.	-30 JAN.	30 DEC. Reg. Deadline Late Fee: \$10
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REG. OPENS: DEC. 2

SESSION 2

10 FEB.	-6 MAR.	3 FEB. Reg. Deadline Late Fee: \$10
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REG. OPENS: JAN. 13



SWIMMING
LESSONS

SWIMMING ACADEMY (AGES 4 YEARS & UP)

Swimming Academy is designed to teach children all levels of swimming, from basic and competitive skills to rescue strokes and water safety. | **Max Class Capacity:** 4 Swimmers

LEVEL 1 | SUNFISH (BOBS & FLOATS)

DAYS	TIME	COST	SESSION 1 CODE	SESSION 2 CODE
M & W	5:00 - 5:30 pm	\$84 / \$128 (non-mem)	AQ4-51251	AQ4-51252
M & W	5:30 - 6:00 pm	\$84 / \$128 (non-mem)	AQ4-51301	AQ4-51302
M & W	6:00 - 6:30 pm	\$84 / \$128 (non-mem)	AQ4-51201	AQ4-51202
T & TH	4:00 - 4:30 pm	\$84 / \$128 (non-mem)	AQ4-51501	AQ4-51502
T & TH	4:30 - 5:00 pm	\$84 / \$128 (non-mem)	AQ4-51551	AQ4-51552
T & TH	5:00 - 5:30 pm	\$84 / \$128 (non-mem)	AQ4-51601	AQ4-51602

LEVEL 2 | PERCH (KICKS & GLIDES)

DAYS	TIME	COST	SESSION 1 CODE	SESSION 2 CODE
M & W	5:00 - 5:30 pm	\$84 / \$128 (non-mem)	AQ4-52201	AQ4-52202
M & W	5:30 - 6:00 pm	\$84 / \$128 (non-mem)	AQ4-52251	AQ4-52252
M & W	6:00 - 6:30 pm	\$84 / \$128 (non-mem)	AQ4-52101	AQ4-52102
T & TH	4:00 - 4:30 pm	\$84 / \$128 (non-mem)	AQ4-52501	AQ4-52502
T & TH	4:30 - 5:00 pm	\$84 / \$128 (non-mem)	AQ4-52551	AQ4-52552
T & TH	5:00 - 5:30 pm	\$84 / \$128 (non-mem)	AQ4-52601	AQ4-52602

LEVEL 3 | BASS (FREESTYLE & ELEMENTARY BACKSTROKE)

DAYS	TIME	COST	SESSION 1 CODE	SESSION 2 CODE
M & W	5:30 - 6:00 pm	\$84 / \$128 (non-mem)	AQ4-53201	AQ4-53202
M & W	6:00 - 6:30 pm	\$84 / \$128 (non-mem)	AQ4-53101	AQ4-53102
T & TH	4:00 - 4:30 pm	\$84 / \$128 (non-mem)	AQ4-53501	AQ4-53502
T & TH	4:30 - 5:00 pm	\$84 / \$128 (non-mem)	AQ4-53551	AQ4-53552

LEVEL 4 | WALLEYE (BACKSTROKE & TREADING)

DAYS	TIME	COST	SESSION 1 CODE	SESSION 2 CODE
M & W	4:30 - 5:00 pm	\$84 / \$128 (non-mem)	AQ4-54301	AQ4-54302

LEVEL 5 | NORTHERN PIKE (BREAST & SIDESTROKE)

DAYS	TIME	COST	SESSION 1 CODE	SESSION 2 CODE
M & W	4:30 - 5:00 pm	\$84 / \$128 (non-mem)	AQ4-55301	AQ4-55302

LEVEL 6 | MUSKIE (BUTTERFLY & MASTER ALL SKILLS)

DAYS	TIME	COST	SESSION 1 CODE	SESSION 2 CODE
M & W	4:30 - 5:00 pm	\$84 / \$128 (non-mem)	AQ4-56301	AQ4-56302